

ABSTRACT

Background: Chronic Energy Deficiency (CED) in pregnant women is a nutritional problem that poses serious risks to both maternal and fetal health, such as an increased risk of premature birth, low birth weight, and labor complications. In Indonesia, 8.7% of pregnant women experienced CED in 2022. In Jambi City, CED cases have continued to increase year by year. This study aims to identify the determinants of CED among pregnant women in the working area of Putri Ayu Public Health Center, Jambi City.

Methods: This study used a quantitative approach with an analytic observational design in the form of a cross-sectional study. The sample consisted of 82 pregnant women selected through purposive sampling. Data were collected using questionnaires and anthropometric measurements using MUAC (Mid-Upper Arm Circumference). Data analysis was performed using the Chi-Square test to determine the relationship between independent variables and the incidence of CED.

Results: The results showed that the prevalence of Chronic Energy Deficiency (CED) among pregnant women was 28%. Bivariate analysis revealed that infectious diseases ($p=0.000$), handwashing with soap ($p=0.009$), environmental sanitation ($p=0.037$), education ($p=0.004$), occupation ($p=0.000$), and income ($p=0.040$) were significantly associated with CED in pregnant women.

Conclusion: There is a significant relationship between infectious diseases, handwashing with soap, environmental sanitation, education, occupation, and income with Chronic Energy Deficiency (CED) among pregnant women at Putri Ayu Public Health Center, Jambi City. It is recommended that efforts to address CED among pregnant women in this health center be carried out through an integrated approach.

Keywords: Chronic Energy Deficiency (CED), Pregnant Women

ABSTRAK

Latar Belakang: Kekurangan Energi Kronik (KEK) pada ibu hamil merupakan permasalahan gizi yang berdampak serius terhadap kesehatan ibu dan janin, seperti meningkatnya risiko kelahiran prematur, bayi berat lahir rendah, serta komplikasi persalinan. Di Indonesia pada tahun 2022 sebanyak 8,7% ibu hamil mengalami KEK selama kehamilannya. Di Kota Jambi, kasus KEK terus meningkat dari tahun ke tahun. Penelitian ini bertujuan untuk mengetahui determinan KEK pada ibu hamil di wilayah kerja Puskesmas Putri Ayu, Kota Jambi.

Metode: Penelitian ini menggunakan pendekatan kuantitatif dengan desain observasional analitik jenis cross sectional. Sampel penelitian berjumlah 82 ibu hamil yang dipilih secara *purposive sampling*. Data dikumpulkan melalui kuesioner dan pengukuran antropometri menggunakan LILA. Analisis data dilakukan menggunakan uji *Chi-Square* untuk melihat hubungan antara variabel independen dan kejadian KEK.

Hasil: Hasil penelitian menunjukkan prevalensi kejadian Kekurangan Energi Kronik (KEK) pada ibu hamil sebesar 28%. Hasil uji statistik didapatkan bahwa hasil analisis bivariate terhadap kekurangan energi kronik (KEK) pada ibu hamil didapatkan hasil bahwa penyakit infeksi ($p=0.000$), cuci tangan pakai sabun (CTPS) ($p=0.009$), sanitasi lingkungan ($p=0.037$), pendidikan ($p=0.004$), pekerjaan ($p=0.000$), dan pendapatan ($p=0.040$) berhubungan dengan kekurangan energi kronik (KEK) pada ibu hamil.

Kesimpulan: Terdapat hubungan antara penyakit infeksi, Cuci tangan pakai sabun (CTPS), sanitasi lingkungan, pendidikan, pekerjaan dan pendapatan dengan kekurangan energi kronik (KEK) pada ibu hamil di Puskesmas Putri Ayu, Kota Jambi. Diharapkan upaya penanggulangan KEK pada ibu hamil di Puskesmas Putri Ayu dapat dilakukan melalui pendekatan terpadu.

Kata Kunci: Kekurangan Energi Kronik (KEK), Ibu Hamil,